Sarah Anne's COOKING CLASS

Herbs are meant to season, to add flavor and to bring out the natural flavors of foods. Fresh herbs from the garden may be used as well as the dried herbs. Just be sure to keep in mind to use less of the dried than the fresh.

Herb Fried Chicken

1 young chicken 3 to 3½ lbs., ready to cook weight
½ teaspoon majoram
Flour
Fat
½ teaspoon rosemary
2 tabelspoons fresh minced parsley
1 teaspoon salt
½ cup hot water

Sprinkle chicken with marjoarm. Let stand ½ to 1 hour. Roll in flour and fry in ¼ inch fat just long enough to brown on both sides. Remove each piece as it browns and place in a shallow baking pan. Then sprinkle with rosemary, parsley, salt and pepper. Pour the hot water into the frying pan, stir thoroughly. Pour the hot liquid over the chicken. Bake uncovered in an over 375 degrees for 45 minutes.

Fried Onions With Herbs

2 tablespoons butter
4 medium onions sliced
½ teaspoon salt
Pepper to taste
½ teaspoon marjoram
Cayenne

Melt butter, add onions and sprinkle with salt and spices. Stir until well blended. Fry over low heat 10 to 15 minutes until onions are tender and browned.

Herb Bread

1 package yeast
¼ cup water
3/4 cup milk scalded
2 tablespoons sugar
2 tablespoons shortening
1½ teaspoon salt
1 beaten egg
½ teaspoon nutmeg
1 teaspoon powdered sage
2 teaspoons caraway seeds

Soften yeast in luke warm water. Combine sugar, milk, shortening, and salt. Cool to luke warm. Add softened yeast, and mix well. Add egg, nutmeg, sage, caraway seeds, and 2 cups of flour. Beat until smooth. Add remaining flour to make a soft dough. Knead on a lightly floured surface until smooth and elastic. Place in a greased bowl turning once to grease surface. Cover and let rise until double in bulk. Punch down, let rest 10 to 15 minutes. Shape into a round loaf. Place in a greased 8-inch pie pan. Cover and let double in bulk. Brush the top with a slightly beaten egg white. If desired sprinkle with caraway seed. Bake in an over (400 degrees) 40 to 45 minutes.

Chive Dressing

1 cup clear French dressing
1/3 cup sour cream
1 tablespoon finely chopped chives

Combine all ingredients. Serve on fresh citrus fruit salad.

Veal Chops in Herb Sauce

6 veal chops
1 tablespoon butter
1teaspoon salt
¼ teaspoon pepper
1 teaspoon mixed herbs
1 cup consomme
2 small onions sliced
1 clove garlic chopped
2 tabelspoons pickle relish
1 teaspoon prepared mustard

Brown chops in butter in a skillet. Sprinkle in salt, pepper and herbs. Add sliced onions, chopped garlic and pour in consomme. Cover and cook slowly for 30 minutes or until chops are tender. Transfer chops to serving platter and keep hot in the oven. Stir pickle relish and mustard into the skillet. Bring to a boil and pour over chops and serve.

Green Beans With Summer Savory

2½ cups green beans
½ teaspoon summer savory
2 tablespoons finely chopped pimiento
¼ cup butter
½ teaspoon salt
Pepper to taste
2 slices bacon

Cook beans, add summer savory, pimiento, butter, salt, and pepper. Cook over low heat. Fry bacon until crisp, break into small pieces. Garnish beans with the bacon.

Herb Potatoes

1 lb. new potatoes
1/3 cup flour
½ teaspoon dill seed
½ teaspoon marjoram
3/4 teaspoon salt
Few grains pepper
1 clove garlic
1 bay leaf
3 tablespoons butter

Grease a shallow casserole with butter. Scrape potatoes. Mix together the flour, dill seed marjoram, salt, and pepper. Dip potatoes in this herb mixture and place in baking dish. Toss in the bay leaf and garlic. Dot with butter. Cover tightly and bake in an oven (400 degrees) for 40 minutes or until potatoes, when tested with a fork, are tender.

THIRD SET OF TWINS

Bellevue, Ky.- Twin boys— Judy and Jummy—recently arrived at the home of Mr. and Mrs. Robert Fitters—their third set of twins. And three years ago, the Fitters had triplets, two of whom survived.

ABOUT YOUR HOME

By Frances Dell

Almost every homemaker is called on to remove fruit and grass stains from the family's clothes during the summer.

The best way to remove recent fruit stains from washable clothes is to first soak the garment in cold water. Wash in warm suds and rinse well. For set stains on white cotton, linen and rayon: soak fifteen minutes in a bleach made from one tablespoon of household bleach to each quart of water, then rinse three times. For white silk, wool, and all colored fabrics, soak thirty minutes in a solution of two tablespoons of hydrogen peroxide to each gallon of water, then rinse twice.

Grass stains on white fabrics which are washable can be removed by the method recommended for fruit stains. For colored fabrics, use a bleach of one teaspoon of sodium perborate to one pint of hydrogen peroxide. Soak for thirty minutes and rinse three times.

To remove very stubborn stains you should sprinkle the stains with sodium perborate while the fabric is damp, let stand for thirty minutes. Rinse at least three times.

If a fruit stain is on a dry-cleanable fabric, sponge with cool water. The sooner you do this, the more effective it will be. Next work in a good soapless shampoo. Let this stand for several hours. Test a drop of white vinegar on a section of the garment that does not show. If no color change is evident, apply a few drops to the stain and let stand for several minutes. Sponge clean with cool water.

To remove grass stains from drycleanable fabrics, sponge with a solution of one cup of denatured alcohol and two cups of water. Sponge clean with cool water.

In Fashion Now

Brides are going to look more like Queen Victoria this fall, with tiny coronets and sweeping, full-skirted gowns. The skirts will be held out with hoops and crinolines.

The slim silhouette, so popular in other fashions, is not at all in demand by bridal departments. The bouffant look will be in order for fall, if you are planning a wedding.

The bride's shoulders will still be covered, but scoop necklines go deeper and the becoming heartshaped necklines are wider.

Most wedding gowns will be floor-length, with the trains somewhat shorter than in previous years. The "cathedral length" train is being supplanted by "chapel trains." These "chapel trains," sweep the floor for about eighteen inches.

The pure white bridal gown seems to be losing favor along with shiny fabrics. Ivory tints, shade called "antique," which is almost an ecru and very pale ice blue are coming back into style.

Heavy, shiny satins are being replaced by delustered satins, mat-finished silk taffeta and peau de soie.

Finger tip veils attached to the baby tiara of pearls which look much like Victoria's favorite design, look distinctly new for fall.

Some designers favor a small cap to hold the veil. These caps are given a new look by being worn well forward on the brow. Some have a decided pillbox look.

The National Probation and Parole Association was recently told that prisons were riddled by politics and corruption and, as such, threatened the national social system.

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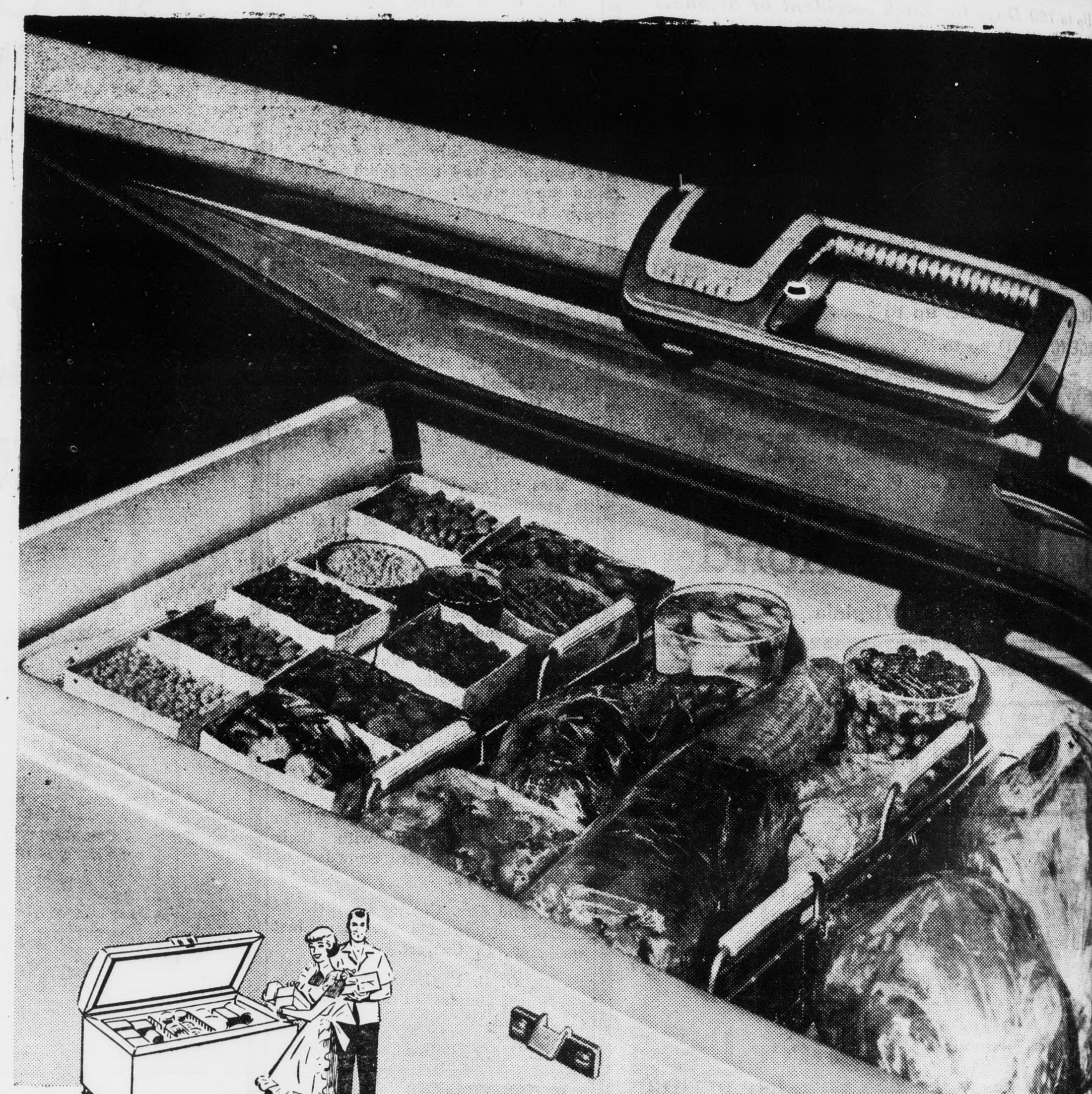

Smart Families FREEZE In July...
Have you gone to your neighborhood market recently on Saturday afternoon — noticed prices on produce reduced for quick sale? Tender young corn that's near its peak of sweetness — luscious golden peaches almost bursting with juicy goodness.
Here's the old law of supply and demand at work — prices go down when supply goes up. And here's where the modern food freezer writes its own law of plenty and abundance. Yes, smart families freeze corn, butter beans, peas and peaches in July when they are at their peak and when prices are at their lowest.
Select your food freezer now and join the many thousand homemakers who are taking advantage of "in-season" buying. Then next winter when the family demand for fresh fruits and vegetables is great and the supply is small, all you have to do is turn to your electric food freezer. You'll have garden-fresh foods at low, low in-season prices!
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...to health, though pleas... ...always easy. It requires ... in order to live hygien... ...and biologically as nature ... Neglect your exercise and ... disease, which promptly ...the invitation. Begin your ...training when you awaken in ...ing. Drink a glass of wa...

...your face in cold water, ...and before an open window ...deep breaths. Rise on your ...the arms over your head ...the in, inflating the lungs ...utmost capacity. Slowly de... ...the same time lowering the arms and breathing out. Repeat five or six times.

Rest and relax a moment. Repeat as before, only hold the breath for a moment while you percuss the chest and abdomen. Breathe out with resistance. This is done by trying to hold the breath back, letting it out very slowly while you are breathing out. This is a good exercise, though a little difficult at first, it beocmes easy with practice. This exercise brings the body erect, and the chest forward. The deep breathing invigorates the entire body.

We know that oxygen cleanses the blood and that through deep breathing we obtain the greatest amount of it.

Another exercise that is especially beneficial is produced by tensing the muscles. Standing erect, extending the arms horizontally upon the shoulders, tense the whole body and turn from side to side, at the same time keeping the musels tensed. The tensing begins with the legs below the knee and gradually extends until it embraces the entire person. Rest and relax when tired. Drink another glass of water.

MOW IN STRAIGHT LINE WITH ELECTRIC MOWER

For best results with an electric mower, mow back and forth in straight lines across your lawn.

Always work away from the electrical outlet so the power cord lies on the cut-over area, advise specialists at VPI Agricultural Extension Service.

In that way you won't be in danger of cutting the cord, of losing power, or getting an electric shock from the frayed wires.

To help keep the cord from kinking and tangling, coil it loosely in a bucket or basket. That makes a handy storage space, and the cord will come out easily for use when you mow.

For safety's sake, mow with an electric mower only when the grass is dry. Moisture of any kind is a good conductor of electricity. Rain or dew on the grass may short out the mower and damage the motor or give you a shock.

Use only heavy-duty rubber-covered cord with a No. 16 conductor wire, or heavier, for 100 feet of cord on a 1/4 horsepower motor. Check the cord frequently to see that there are no breaks in the insulation.

British Foreign Secretary Macmillan said the West must avoid both appeasement and cynicism in the new phase of relations with Russia.

Chick Chats

Help Poultry Fight Disease

Maintaining poultry health is a complex undertaking, particularly when there are so many diseases that can affect a flock. Often diseases occur at the same time—the result may be disastrous.

Poultry-disease specialists believe that poultry are never free of disease. They are only relatively healthy. Because of the unnatural conditions under which chickens are now raised, it is possible for a number of unseen, nonspecific infections to nibble away at the birds' health, vigor and growth.

The amount of disease, seen or unseen, that exists in a flock at a given time is called the disease burden. Every flock carries such a burden, which may vary considerably according to circumstances.

All birds have to fight against factors that threaten health, and most of the time they can cope with them. However, when their natural defenses become worn down, the invaders can overcome them. The result is active disease.

Therefore, it is essential to maintain good health and vigor in a flock. Thus, most infectious diseases can be avoided or mitigated.

Disease specialists are now talking in terms of stresses.These may be any of a number of things—errors in management, diseases, or other natural occurences that upset the birds and trigger active disease.

An example of a stress is an abrupt change in feeding, which may cause birds to go off feed. The lack of feed in the digestive tract may be just the spark needed to set off a fire in the form of disease.

Another example of a stress factor is the occurence of a disease like coccidiosis. This is bad enough in itself, but if the birds are already burdened with worms, they are liable to have a worse time with coccidiosis.

The idea, then, is to keep disease burden at a minimum and reduce the number and force of stresses that may occur. Management is the answer. Provide the flock with a balanced diet. Maintain feed consumption at a high level commensurate with efficient production.

Try giving regular conditioning treatments to help the birds stay vigorous. Then, they can stave off a number of the more moderate assaults by themselves. Of course, you will have to help them with the more dangerous ones through vaccination and medication.

JUST MISSED ICEBOX DEATH

Hattiesburg, Miss.- Had it not been for the screams of 17-month old Lloyd Odom, Jr., his 4--year-old brother, Jimmy, would probably have died inside an old refrigerator abandoned in the backyard of their home. Mrs. Odom, hearing Lloyd's screams, ran outside, noticed the door on the old refrigerator was closed. She jerked it open and found Jimmy soaked with perspiration, his eyes bulging. He was barely able to talk. A few minutes more inside the icebox might have resulted in a different story.

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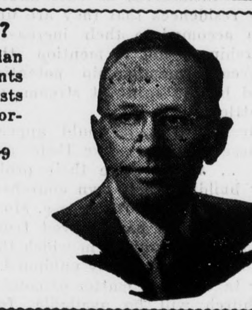

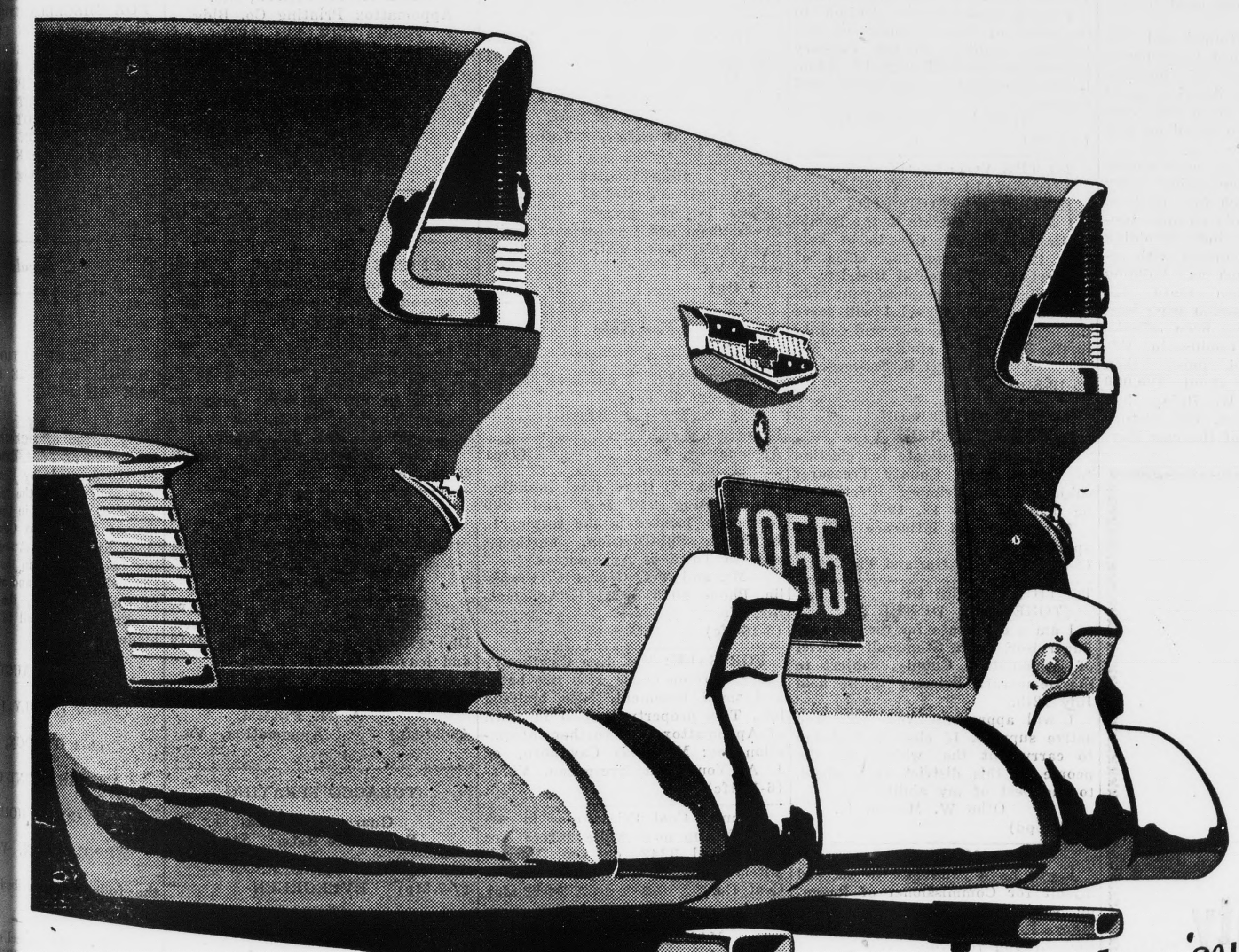

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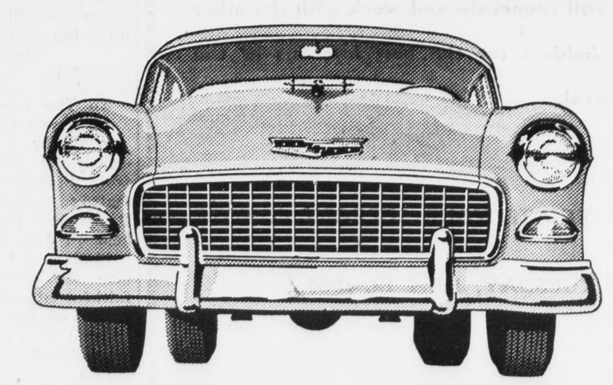

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